



AdvaCare Clinics: Neck Pain Relief

Chances are pretty good that you have or will suffer from neck pain. Neck pain (or cervicgia) is a common problem, with two-thirds of the population having neck pain at some point in their lives.

Neck pain, although felt in the neck, can be caused by various injuries, strains and medical conditions. Neck pain may arise due to muscular tightness in both the neck and upper back, and pinching of the nerves emanating from the cervical vertebrae. Joint disruption in the neck creates pain, as does joint disruption in the upper back.

The head is supported by the lower neck and upper back, and it is these areas that commonly cause neck pain. The top three joints in the neck allow for most movement of your neck and head. The lower joints in the neck and those of the upper back create a supportive structure for your head to sit on. If this support system is affected adversely, then the muscles in the area will tighten, leading to neck pain.

Non-Surgical Neck Pain Treatments

Treatment for any neck pain is recommended as soon as possible to minimize the danger of further aggravation. Treatment will depend on the cause of the pain. The least invasive types of treatments are usually tried initially.

Along with rest and physical therapy, medications are often prescribed as one of the first types of treatment for neck pain. Non-steroidal anti-inflammatory drugs such as acetaminophen are often effective especially with mild to moderate pain. Muscle relaxants may help. Prescription pain medication can be addictive and are usually prescribed with caution.

Physical Therapy – Your doctor may prescribe certain exercises to do or recommend you start physical therapy. Therapy can help you learn proper body mechanics, better posture and increase strength in your neck muscles. Physical therapists often use hydrotherapy or heat and ice therapy to reduce pain.

Massage Therapy – Some people with neck pain get relief from regular massages. They can help the muscles relax and improve blood flow to the neck. This can speed up healing and reduce spasms.

There are several different types of blocks that can be injected into the body to relieve neck pain. Nerve blocks are commonly used. They desensitize the sensory pathways and reduce pain.

Trigger Point Injections – Trigger point injections may help neck pain caused by muscle spasms.

Facet Joint Injections – A steroid medication is injected into a facet joint, a thumbnail-sized joint located on the back of your vertebral bones. These cause pain when they, and the tissues surrounding them, become inflamed. X-rays are used to help the doctor properly place the injection.

Epidural Steroid Injections – The spine and nerve roots are covered by a membrane called the dura, and the area surrounding the dura is called the epidural space. An epidural injection places steroids into that space to decrease inflammation of the nerve roots, which improves pain.

See a doctor who specializes in pain management to determine the most effective type of treatment for your condition.

For more information or to make an appointment, contact AdvaCare Clinic at 952-835-6653. You can look forward to some neck pain relief soon.

